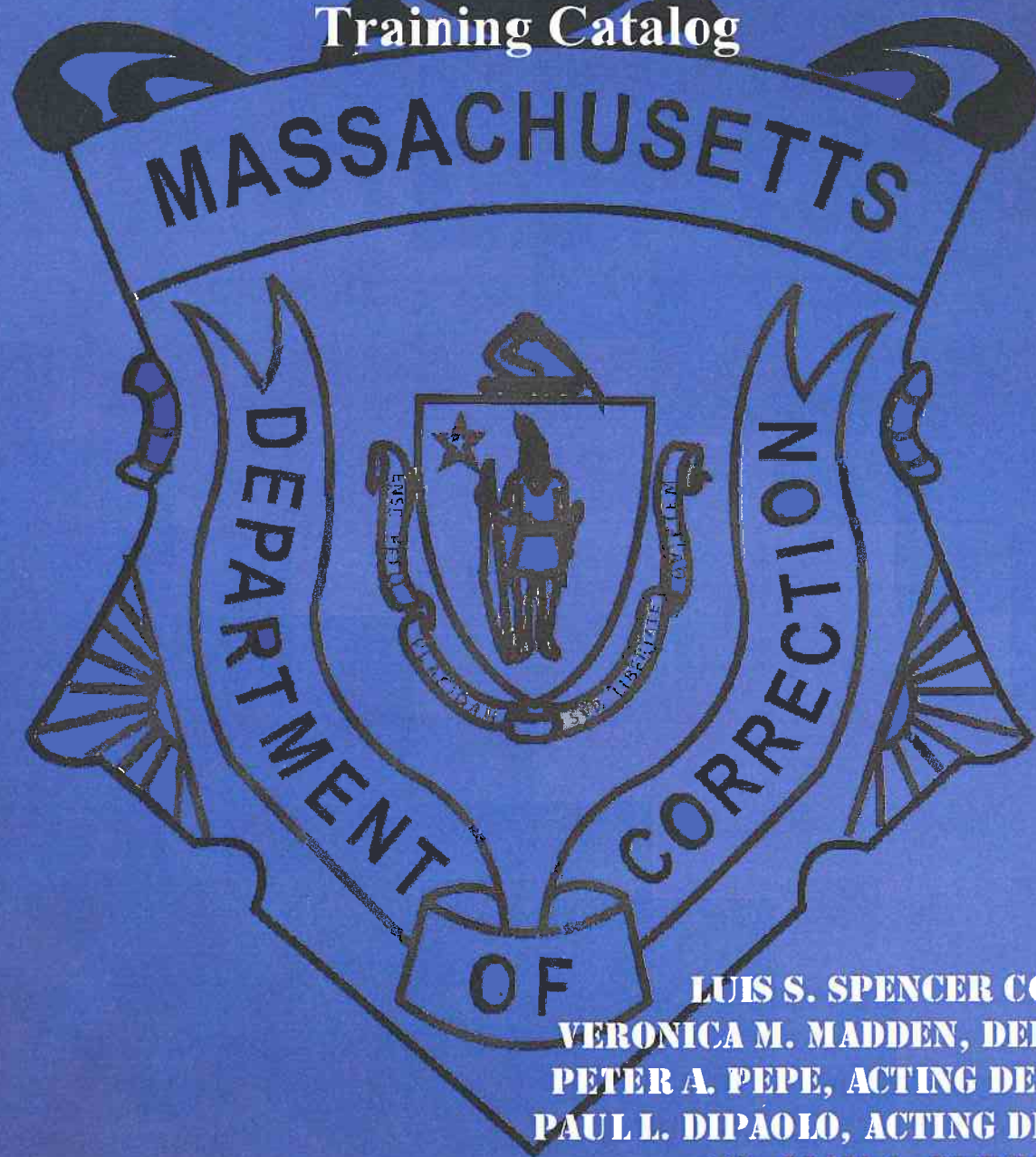


DIVISION OF STAFF DEVELOPMENT

NOVEMBER 2011 – JUNE 2012

Training Catalog



LUIS S. SPENCER COMMISSIONER

VERONICA M. MADDEN, DEPUTY COMMISSIONER

PETER A. PEPE, ACTING DEPUTY COMMISSIONER

PAUL L. DIPAOLO, ACTING DEPUTY COMMISSIONER

WILLIAM A. DUPRE, DIRECTOR

Massachusetts Department of Correction

The Division of Staff Development is proud to provide the following training opportunities to Departmental staff and the external environment to include other departments, agencies and organizations within the Commonwealth. The 2011-2012 Training Year provides a great number of specialty programs as well as standard pre-service and in-service opportunities. If you have any questions about our programs, please call (978) 514-6703 for further information.

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Course Registration

Please contact your Institution Training Officer or Division Training Coordinator for registration.

All other persons please contact Cathy Collins at (978) 514-6703.

Massachusetts Department of Correction

Vision Statement

The DOC vision is to effect positive behavioral change in order to eliminate violence, victimization and recidivism.

Mission Statement

The Massachusetts Department of Correction's mission is to promote public safety by managing offenders while providing care and appropriate programming in preparation for successful reentry into the community.

Manage - Care - Program - Prepare

Core Values

Commitment to Public Service

Responsible

Accountable for your actions

Respectful

Treat others as you want to be treated – Golden Rule

Honest

Having the courage to do the right thing

Caring

How you do your job and the impact it has on others



Division of Staff Development Mission Statement

"Building a Learning Organization"

To provide training and organizational development services for the purpose of continuously improving performance aligned to the Department's philosophy and goals.

New Employee Orientation Program TY'12

<i>Southern Region - Warren Hall Training Center 8:00am - 4:00pm</i>	<i>Northern Region - Shirley Training Academy Training Center 8:00am - 4:00pm</i>
2012	2012
January 2 - 6, 2012	January 23 - 27, 2012
January 30 - February 3, 2012	February 13 - 17, 2012
April 9 - 13, 2012	March 26 - 30, 2012
May 7 - 11, 2012	April 23 - 27, 2012
June 4 - 8, 2012	May 21 - 25, 2012
	June 18 - 22, 2012

TOPICS: Introduction/Administrative/Philosophies and Goals/Historical View/Security Levels; Employee Rules and Regulations/C.O.R.I.; IMS Overview; Ethics and Professionalism; Contraband; Interpersonal Relations/Communications/Inmate Supervision/Boundaries; Chemical Agent Overview; Use of Force; Defensive Tactics; Communicable Diseases; Domestic Violence/Workplace Violence; Victim Services Overview; Sexual Harassment/Inmate Sexual Violence/PREA; Suicide Prevention and Inmate Mental Illness; Emergency Reaction and Response; Conflict of Interest Law; Understanding Diversity; and Site Specific.

Health & Wellness Related Book Study

Location: Warren Hall Training Center, Bridgewater
Date: November 2, 2011
Time: 9:00 am – 12:00 pm
Instructor(s) Eva Gaeta and/or H&W Committee Member

Intended

Audience: Open to all staff

COURSE DESCRIPTION:

Stress is a stranger to no one. Once described as wear & tear on the body, stress is now best defined as “a disconnection from our divine source.” Times of stress may produce intense feelings of frustration and/or panic, but stress also provides an opportunity for spiritual growth, we call upon inner resources to dismantle life’s roadblocks so we can walk in balance on the human path. Our first step begins with the book : “Stand Like Mountain, Flow Like Water” by Brian Luke Seaward, PhD.
http://www.amazon.com/Stand-Like-Mountain-Flow-Water/dp/0757305474/ref=cm_cr_pr_product_top#

Equipment needed is the book stated above.

NOTE: Enrollment is limited to 20 participants

Overview of Victim Services

Location: Training Academy, Shirley
Date: November 8, 2011
Time: 1:00 pm – 3:00 pm
Instructor(s) Erin Gaffney and Bryan Johnson

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

This course will explore the Victim Bill of Rights as outlined in Massachusetts General Law Chapter 258B. Discussion will focus on how the DOC Victim Services Unit serves the victim community by automatically disseminating important information to individuals who become certified petitioners. This will be an interactive discussion with plenty of time for participant questions and comments.

NOTE: Enrollment is limited to 20 participants

Holistic Stress Management Workshop – Aromatherapy

Location: Training Academy, Shirley
Date: November 9, 2011
Time: 11:00 am – 2:00 pm
Instructor(s) Victoria Bender

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

The focus of this workshop is holistic-honoring the Integration, balance and harmony of mind, body spirit and Emotions for optimal well-being. There are some proven Holistic stress management strategies that we can use to manage stress. The workshop is much more than a stress-management program. Participants will gain principles and techniques for successful leadership, self mastery, and focus to work effectively with others. Not only will participants' stress levels dramatically be reduced but will have significant relief from chronic pain, high blood pressure and insomnia. Participants will learn to focus the mind where they want it to go and achieve results more quickly and effectively. Comfortable clothing may be worn and bring cushions for sitting.

NOTE: Enrollment is limited to 20 participants

DOC Web Editor Class

Location: Online via WebEx
Date: November 10, 2011
Time: 9:30 am – 11:30 pm
Instructor(s) Jeffrey Hotte

Intended

Audience: Open to all staff

COURSE DESCRIPTION:

In this Virtual Instructor Lead Training (VILT) participants will be trained to utilize the web tools provided to post information and upload documents to the DOC intranet relative to his/her facility/ division to ensure that the most up-to-date information is available for use by approved staff. Topics will include posting new documents, updating documents, archiving documents and setting security levels. This class will be facilitated online. Participants must have a PC and phone with long distance access in order to take part in the class. You must be approved by Institution/Division to be a Web Editor.

NOTE: Enrollment is limited to 10 participants

Holistic Stress Management Workshop
Introduction to Meditation

Location: Warren Hall Training Center, Bridgewater
Date: November 16, 2011
Time: 1:00 pm – 3:00 pm
Instructor(s) Eve Geata and H&W Committee Member

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

The focus of this workshop is holistic-honoring the Integration, balance and harmony of mind, body spirit and Emotions for optimal well-being. There are some proven Holistic stress management strategies that we can use to manage stress. The workshop is much more than a stress-management program. Participants will gain principles and techniques for successful leadership, self mastery, and focus to work effectively with others. Not only will participants' stress levels dramatically be reduced but will have significant relief from chronic pain, high blood pressure and insomnia. Participants will learn to focus the mind where they want it to go and achieve results more quickly and effectively. Comfortable clothing may be worn and bring cushions for sitting.

NOTE: Enrollment is limited to 30 participants

Holistic Stress Management Workshop – Aromatherapy

Location: Training Academy, Shirley
Date: November 16, 2011
Time: 11:00 am – 2:00 pm
Instructor(s) Victoria Bender

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

The focus of this workshop is holistic-honoring the Integration, balance and harmony of mind, body spirit and Emotions for optimal well-being. There are some proven Holistic stress management strategies that we can use to manage stress. The workshop is much more than a stress-management program. Participants will gain principles and techniques for successful leadership, self mastery, and focus to work effectively with others. Not only will participants' stress levels dramatically be reduced but will have significant relief from chronic pain, high blood pressure and insomnia. Participants will learn to focus the mind where they want it to go and achieve results more quickly and effectively. Comfortable clothing may be worn and bring cushions for sitting.

NOTE: Enrollment is limited to 20 participants

The Inmate Disciplinary Process

Location: Warren Hall Training Center, Bridgewater
Date: November 16, 2011
Time: 8:30 am – 11:30 pm
Instructor(s) Phil Silva and Captain Scott Brown

Intended Audience: New Inmate Disciplinary Officers and
Disciplinary Hearing Officers (Security Staff
State and Count)

COURSE DESCRIPTION:

This course will cover the source of the procedural disciplinary rights and the duties of a disciplinary officer to include, processing a report, assigning charges, scheduling, handling, evidence and witness requests, serving discovery and processing investigation material. The Hearing process, including the handling of witnesses and composition of a decision.

NOTE: Enrollment is limited to 15 participants

Suicide Prevention, Intervention

Location: Training Academy, Shirley
Date: November 17, 2011
Time: 8:00 am – 3:00 pm
Instructor(s) Jaime Andrade, Sergeant, DSD

Intended Audience: Open to all interested staff

COURSE DESCRIPTION:

The unit of instruction will provide participants with a comprehensive understanding of suicide prevention and mental illness as it relates to the inmate population under the care and custody of the department.

Participants will increase their knowledge skills and abilities to recognize the signs symptoms and risk factors of suicide in a correctional setting and effectively supervise inmates under their care. The unit will also provide participants with the opportunity to apply appropriate intervention techniques, communication care procedures when dealing with suicidal behavior.

NOTE: Enrollment is limited to 10 participants

Mental Health Classification Tool
SMI and Specialized Treatment Units

Location: Training Academy, Shirley
Date: November 17, 2011
Time: 1:00 pm – 3:00 pm
Instructor(s) Katherine O'Neill and Joel Andrade

Intended Audience: Open to all interested staff

COURSE DESCRIPTION:

This course will review the mental health classification tool, the legal definition and practical applications of being diagnosed with "Serious Mental Illness" and will review the referral process and treatment guidelines in each of the DOC's Specialized Treatment Units (BMU at CJ and STP at SBCC). Outcome data will also be presented

NOTE: Enrollment is limited to 20 participants

Use Of Force

Location: Training Academy, Shirley
Date: November 18, 2011
Time: 1:00 pm – 3:00 pm
Instructor(s) Franco Delmonaco, Sergeant, DSD

Intended Audience: Open to all interested staff

COURSE DESCRIPTION:

This course will include the principles and philosophies of the Departments Use of Force Policy geared toward non-security staff members.

NOTE: Enrollment is limited to 10 participants

Defense Tactics/ Self Defense Class

Location: Warren Hall Training Center, Bridgewater
Date: November 18, 2011
Time: 8:00 am – 12:00 pm
Instructor(s) Lisa Antunes, Sergeant, DSD

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

This course will be a combination of a short discussion, then will go right into the warm-up followed by hands-on defensive tactics program. This will include a series of strikes and kicks, combinations and the use of the “ RED MAN” Suit to make things realistic. The course will also emphasize the importance of tactical awareness. There will be live scenarios to practice defensive tactics in “Real Life “ situations. Get ready for a great workout and great ways to defend yourself. Uniform of the day will be : workout clothing, sweats, t-shirts, sneakers. Any type of comfortable clothing. Bottle of water and a small towel.

NOTE: Enrollment is limited to 20 participants

Professional Boundaries

Location: Training Academy, Shirley
Date: November 18, 2011
Time: 10:00 am – 3:00 pm
Instructor(s) Janice Perez

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

This course will include the principles in developing professional boundaries in a correctional setting and recognizing boundary violations. Develop and identify skills to recognize unethical behavior in both a correctional setting and general population, understanding the ethical choice process and confronting unethical behavior following the 225 Policy

NOTE: Enrollment is limited to 25 participants

Understanding Diversity

Location: Training Academy, Shirley
Date: November 18, 2011
Time: 8:00 am – 12:00 pm
Instructor(s) Raymond Gonsalves, Captain, DSD

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

This course will provide participants with awareness and skill-building training in managing and valuing diversity to forge better working relationships and enhance the work environment. Awareness training focuses on creating an understanding of the need for, and meaning of diversity. It is also meant to increase participants self awareness of diversity related issues such as diversity and the law, cultural differences and how to respond to differences in the workplace

NOTE: Enrollment is limited to 20 participants

Train the Trainer – Foundation Skills – Entry Level

Location: Warren Hall Training Center, Bridgewater
Date: November 21, 22, 23 & 25, 2011
Time: 8:00 am – 4:00 pm
Instructor(s) Terrance Kingman, Training Instructor

Intended

Audience: Open to all interested participants

COURSE DESCRIPTION:

This program is designed to develop staff into trainers by providing them with the basic principles and skills of facilitation. This four day course will cover Learning Theories, Program Delivery, Classroom Management, Learning Styles , Use of Training Aids PowerPoint) and Impact of Training on the agency..

NOTE: Enrollment is limited to 20 participants

Mental Health Classification Tool
SMI and Specialized Treatment Units

Location: Warren Hall Training Center, Bridgewater
Date: November 22, 2011
Time: 1:00 pm – 3:00 pm
Instructor(s) Katherine O'Neill and Joel Andrade

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

This course will review the mental health classification tool, the legal definition and practical applications of being diagnosed with "Serious Mental Illness" and will review the referral process and treatment guidelines in each of the DOC's Specialized Treatment Units (BMU at CJ and STP at SBCC). Outcome data will also be presented

NOTE: Enrollment is limited to 20 participants

Holistic Stress Management Workshop – Reflexology

Location: Warren Hall Training Center, Bridgewater
Date: November 30, 2011
Time: 1:00 pm – 3:00 pm
Instructor(s) Valerie Voner, Director, New England Institute Of Reflexology & Universal Studies

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

The focus of this workshop is holistic-honoring the Integration, balance and harmony of mind, body spirit and Emotions for optimal well-being. There are some proven Holistic stress management strategies that we can use to manage stress. The workshop is much more than a stress-management program. Participants will gain principles and techniques for successful leadership, self mastery, and focus to work effectively with others. Not only will participants' stress levels dramatically be reduced but will have significant relief from chronic pain, high blood pressure and insomnia. Participants will learn to focus the mind where they want it to go and achieve results more quickly and effectively to enhance their personal productivity through aromatherapy, laughter, massage, meditation music, nutrition, reflexology, spirit, and yoga. Comfortable clothing and footwear may be worn and participants need to bring cream to use for hand massage & a mat for stretch class.

NOTE: Enrollment is limited to 30 participants

Holistic Stress Management Workshop – Aromatherapy

Location: Training Academy, Shirley
Date: December 7, 2011
Time: 11:00 am – 2:00 pm
Instructor(s) Victoria Bender

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

The focus of this workshop is holistic-honoring the Integration, balance and harmony of mind, body spirit and Emotions for optimal well-being. There are some proven Holistic stress management strategies that we can use to manage stress. The workshop is much more than a stress-management program. Participants will gain principles and techniques for successful leadership, self mastery, and focus to work effectively with others. Not only will participants' stress levels dramatically be reduced but will have significant relief from chronic pain, high blood pressure and insomnia. Participants will learn to focus the mind where they want it to go and achieve results more quickly and effectively. Comfortable clothing may be worn and bring cushions for sitting.

NOTE: *Enrollment is limited to 30 participants*

The Leadership Challenge Workshop

Location: Training Academy, Shirley
Date: December 7, 2011
Time: 9:00 am – 4:00 pm
Instructor(s) Geralyn Riley, DSD

Intended

Audience: Newly hired managers

COURSE DESCRIPTION:

Using The Leadership Challenge 4th Edition, Kouzes and Posner to align staff roles with a validated leadership model applicable to all levels of the organization. The Leadership Challenge Workshop is designed to examine the Five Practices of Exemplary Leadership: *Model The Way; Inspire a Shared Vision; Challenge the Process; Enable others to Act; Encourage the Heart.*

NOTE: *Enrollment is limited to 15 participants*

Understanding Gender Identity Disorder:
Practical Application for Correctional Employees

Location: Warren Hall Training Center, Bridgewater
Date: December 9, 2011
Time: 1:00 pm – 3:00 pm
Instructor(s) Katherine O'Neill and Joel Andrade

Intended Audience: Open to all interested staff

COURSE DESCRIPTION:

This course will review the diagnostic criteria for Gender Identity Disorder and will review the current DOC policy that guides the care and treatment of inmates in our system diagnosed with GID. Practical applications will be discussed.

NOTE: Enrollment is limited to 20 participants

Defense Tactics / Self Defense Class

Location: Warren Hall Training Center, Bridgewater
Date: December 9, 2011
Time: 8:00 am – 12:00 pm
Instructor(s) Lisa Antunes, Sergeant, DSD

Intended Audience: Open to all interested staff

COURSE DESCRIPTION:

This course will be a combination of a short discussion, then will go right into the warm-up followed by hands-on defensive tactics program. This will include a series of strikes and kicks, combinations and the use of the "RED MAN" Suit to make things realistic. The course will also emphasize the importance of tactical awareness. There will be live scenarios to practice defensive tactics in "Real Life" situations. Get ready for a great workout and great ways to defend yourself. Uniform of the day will be: workout clothing, sweats, t-shirts, sneakers. Any type of comfortable clothing. Bottle of water and a small towel.

NOTE: Enrollment is limited to 20 participants

Communication With The Mentally Ill:
Tools for Building rapport and successful de-escalation
In a correctional environment

Location: Warren Hall Training Center, Bridgewater
Date: December 9, 2011
Time: 9:00 am – 11:00 pm
Instructor(s) Katherine O'Neill and Kathy Evers

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

This course will review signs and symptoms of different types of mental illness and will focus on best practices in engaging mentally ill offenders and understanding behaviors that may help to de-escalate the potential for violence.

NOTE: Enrollment is limited to 20 participants

Health & Wellness Related Book Study

Location: Warren Hall Training Center, Bridgewater
Date: December 14, 2011
Time: 9:00 am – 12:00 pm
Instructor(s) Eva Gaeta and/or H&W Committee Member

Intended

Audience: Open to all staff

COURSE DESCRIPTION:

Stress is a stranger to no one. Once described as wear & tear on the body, stress is now best defined as “a disconnection from our divine source.” Times of stress may produce intense feelings of frustration and/or panic, but stress also provides an opportunity for spiritual growth, we call upon inner resources to dismantle life’s roadblocks so we can walk in balance on the human path. Our first step begins with the book : “Stand Like Mountain, Flow Like Water” by Brian Luke Seaward, PhD.
http://www.amazon.com/Stand-Like-Mountain-Flow-Water/dp/0757305474/ref=cm_cr_pr_product_top#_

Equipment needed is the book stated above.

NOTE: Enrollment is limited to 20 participants



DOC Web Editor Class

Location: Online via WebEx
Date: December 16, 2011
Time: 9:30 am – 11:30 pm
Instructor(s) Jeffrey Hotte

Intended

Audience: Open to all staff

COURSE DESCRIPTION:

In this Virtual Instructor Lead Training (VILT) participants will be trained to utilize the web tools provided to post information and upload documents to the DOC intranet relative to his/her facility/ division to ensure that the most up-to-date information is available for use by approved staff. Topics will include posting new documents, updating documents, archiving documents and setting security levels. This class will be facilitated online. Participants must have a PC and phone with long distance access in order to take part in the class. You must be approved by Institution/Division to be a Web Editor.

NOTE: *Enrollment is limited to 10 participants*

Advanced Training for Trainers

Location: Warren Hall Training Center, Bridgewater
Date: December 19, 20, 21, 22, 23, 2011
Time: 8:00 am – 4:00 pm
Instructor(s) Terrance Kingman

Intended

Audience: Open to participants who will be utilized in developing lesson plans.

COURSE DESCRIPTION:

This program is based on the NIC Training Design and Development course. Designing training based upon the Instructional Theory Into Practice model is the primary goal of this program. The following modules are contained in this training program: learning styles; needs assessments; goals & performance objectives; ITIP model; lesson plan format; design of instructional strategies; designing training aids; testing, performance assessments & evaluations; training impact model; and presenting a training design based on the ITIP model.

NOTE: Enrollment is limited to 24 participants

Health & Wellness Related Book Study

Location: Warren Hall Training Center, Bridgewater
Date: December 21, 2011
Time: 9:00 am – 12:00 pm
Instructor(s) Eva Gaeta and/or H&W Committee Member

Intended

Audience: Open to all staff

COURSE DESCRIPTION:

Stress is a stranger to no one. Once described as wear & tear on the body, stress is now best defined as “a disconnection from our divine source.” Times of stress may produce intense feelings of frustration and/or panic, but stress also provides an opportunity for spiritual growth, we call upon inner resources to dismantle life’s roadblocks so we can walk in balance on the human path. Our first step begins with the book : “Stand Like Mountain, Flow Like Water” by Brian Luke Seaward, PhD.
http://www.amazon.com/Stand-Like-Mountain-Flow-Water/dp/0757305474/ref=cm_cr_pr_product_top#

Equipment needed is the book stated above.

NOTE: Enrollment is limited to 20 participants

Suicide Prevention, Intervention

Location: Training Academy, Shirley
Date: December 22, 2011
Time: 8:00 am – 3:00 pm
Instructor(s) Jaime Andrade, Sergeant, DSD

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

The unit of instruction will provide participants with a comprehensive understanding of suicide prevention and mental illness as it relates to the inmate population under the care and custody of the department.

Participants will increase their knowledge skills and abilities to recognize the signs symptoms and risk factors of suicide in a correctional setting and effectively supervise inmates under their care. The unit will also provide participants with the opportunity to apply appropriate intervention techniques, communication care procedures when dealing with suicidal behavior.

NOTE: *Enrollment is limited to 10 participants*

Use Of Force

Location: Training Academy, Shirley
Date: December 23, 2011
Time: 1:00 pm – 3:00 pm
Instructor(s) Jessica Vieira, Correction Officer, DSD

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

This course will include the principles and philosophies of the Departments Use of Force Policy geared toward non-security staff members.

NOTE: *Enrollment is limited to 10 participants*

Understanding Diversity

Location: Training Academy, Shirley
Date: December 23, 2011
Time: 8:00 am – 12:00 pm
Instructor(s) Raymond Gonsalves, Captain, DSD

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

This course will provide participants with awareness and skill-building training in managing and valuing diversity to forge better working relationships and enhance the work environment. Awareness training focuses on creating an understanding of the need for, and meaning of diversity. It is also meant to increase participants self awareness of diversity related issues such as diversity and the law, cultural differences and how to respond to differences in the workplace

NOTE: *Enrollment is limited to 20 participants*

The Leadership Challenge Workshop

Location: Warren Hall Training Center, Bridgewater
Date: December 28, 2011
Time: 9:00 am – 4:00 pm
Instructor(s) Geralyn Riley, DSD

Intended

Audience: Newly hired managers

COURSE DESCRIPTION:

Using The Leadership Challenge 4th Edition, Kouzes and Posner to align staff roles with a validated leadership model applicable to all levels of the organization. The Leadership Challenge Workshop is designed to examine the Five Practices of Exemplary Leadership: *Model The Way; Inspire a Shared Vision; Challenge the Process; Enable others to Act; Encourage the Heart.*

NOTE: *Enrollment is limited to 15 participants*

Advanced PowerPoint Virtual Training

Location: Webex, Virtual Classroom
Date: January 6, 2011
Time: 9:00 am – 12:00 pm
Instructor(s) Terrance Kingman, Training Instructor

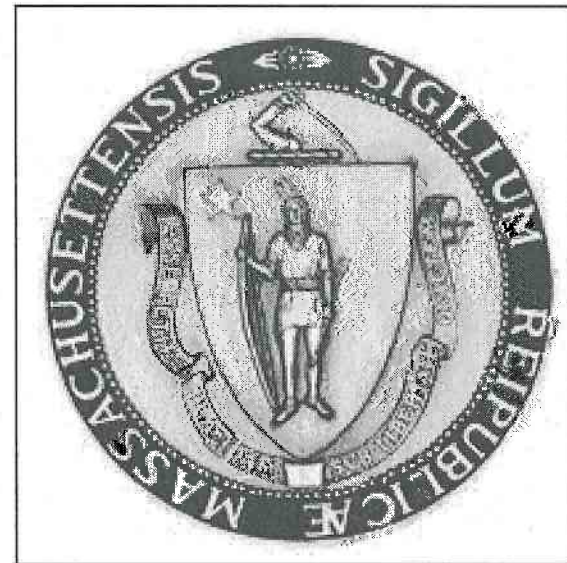
Intended

Audience: Open to participants who utilize PowerPoint
And have the basic skills down. (MSOffice 2003)

COURSE DESCRIPTION:

This program is designed to explore hyperlinks, animations, graphics, customization, and preparation to the e-learning environment.

NOTE: Enrollment is limited to 24 participants



Correctional Leadership – New Sergeants

Location: Warren Hall Training Center, Bridgewater
Date: January 9, 10, 11, 12, 13, 2012
Time: 8:00 am – 4:00 pm
Instructor(s) Terrance Kingman, Training Instructor

Intended

Audience: Open to all new Sergeants

COURSE DESCRIPTION:

This program is designed utilizing three validated models in developing a new supervisor with the necessary leadership and supervisory competencies to be successful in taking on their new challenges. The Leadership Challenge' by Kouzes and Posner identifies The Five Practices that characterize leaders who get extraordinary things done in organizations. Through this work, it has been proven that leadership is learnable, and that 'leadership is everyone's business'. The National Institute of Correction, Correctional Leadership Competencies for the 21st Century : Manager and Supervisor Levels will be used as maps in developing the skills and abilities needed today and in the future for correctional supervisors. This program will also focus on developing coaching and mentoring skills.

NOTE: Enrollment is limited to 24 participants

Defense Tactics/ Self Defense Class

Location: Warren Hall Training Center, Bridgewater
Date: January 13, 2012
Time: 8:00 am – 12:00 pm
Instructor(s) Lisa Antunes, Sergeant, DSD

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

This course will be a combination of a short discussion, then will go right into the warm-up followed by hands-on defensive tactics program. This will include a series of strikes and kicks, combinations and the use of the " RED MAN" Suit to make things realistic. The course will also emphasize the importance of tactical awareness. There will be live scenarios to practice defensive tactics in "Real Life " situations. Get ready for a great workout and great ways to defend yourself. Uniform of the day will be : workout clothing, sweats, t-shirts, sneakers. Any type of comfortable clothing. Bottle of water and a small towel.

NOTE: Enrollment is limited to 20 participants

Holistic Stress Management Workshop – Reflexology

Location: Warren Hall Training Center, Bridgewater
Date: January 18, 2012
Time: 1:00 pm – 3:00 pm
Instructor(s) Valerie Voner, Director, New England Institute
Of Reflexology & Universal Studies

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

The focus of this workshop is holistic-honoring the Integration, balance and harmony of mind, body spirit and Emotions for optimal well-being. There are some proven Holistic stress management strategies that we can use to manage stress. The workshop is much more than a stress-management program. Participants will gain principles and techniques for successful leadership, self mastery, and focus to work effectively with others. Not only will participants' stress levels dramatically be reduced but will have significant relief from chronic pain, high blood pressure and insomnia. Participants will learn to focus the mind where they want it to go and achieve results more quickly and effectively to enhance their personal productivity through aromatherapy, laughter, massage, meditation music, nutrition, reflexology, spirit, and yoga. Comfortable clothing and footwear may be worn and participants need to bring cream to use for hand massage & a mat for stretch class.

NOTE: Enrollment is limited to 30 participants

Holistic Stress Management Workshop – Aromatherapy

Location: Training Academy, Shirley
Date: January 18, 2012
Time: 11:00 am – 2:00 pm
Instructor(s) Victoria Bender

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

The focus of this workshop is holistic-honoring the Integration, balance and harmony of mind, body spirit and Emotions for optimal well-being. There are some proven Holistic stress management strategies that we can use to manage stress. The workshop is much more than a stress-management program. Participants will gain principles and techniques for successful leadership, self mastery, and focus to work effectively with others. Not only will participants' stress levels dramatically be reduced but will have significant relief from chronic pain, high blood pressure and insomnia. Participants will learn to focus the mind where they want it to go and achieve results more quickly and effectively. Comfortable clothing may be worn and bring cushions for sitting.

NOTE: Enrollment is limited to 20 participants

Correctional Leadership – New Sergeants

Location: Warren Hall Training Center, Bridgewater
Date: January 23,24,25,26,27, 2012
Time: 8:00 am – 4:00 pm
Instructor(s) Terrance Kingman, Training Instructor

Intended

Audience: Open to all new Sergeants

COURSE DESCRIPTION:

This program is designed utilizing three validated models in developing a new supervisor with the necessary leadership and supervisory competencies to be successful in taking on their new challenges. The Leadership Challenge' by Kouzes and Posner identifies The Five Practices that characterize leaders who get extraordinary things done in organizations. Through this work, it has been proven that leadership is learnable, and that 'leadership is everyone's business'. The National Institute of Correction, Correctional Leadership Competencies for the 21st Century : Manager and Supervisor Levels will be used as maps in developing the skills and abilities needed today and in the future for correctional supervisors. This program will also focus on developing coaching and mentoring skills.

NOTE: Enrollment is limited to 24 participants

Health & Wellness Related Book Study

Location: Warren Hall Training Center, Bridgewater
Date: January 25, 2012
Time: 9:00 am – 12:00 pm
Instructor(s) Eva Gaeta and/or H&W Committee Member

Intended

Audience: Open to all staff

COURSE DESCRIPTION:

Stress is a stranger to no one. Once described as wear & tear on the body, stress is now best defined as "a disconnection from our divine source." Times of stress may produce intense feelings of frustration and/or panic, but stress also provides an opportunity for spiritual growth, we call upon inner resources to dismantle life's roadblocks so we can walk in balance on the human path. Our first step begins with the book : "Stand Like Mountain, Flow Like Water" by Brian Luke Seaward, PhD.
http://www.amazon.com/Stand-Like-Mountain-Flow-Water/dp/0757305474/ref=cm_cr_pr_product_top#_

Equipment needed is the book stated above.

NOTE: Enrollment is limited to 20 participants

Managing Through Conflict to Success

Location: Warren Hall Training Center, Bridgewater
Date: January 25, 2012
Time: 9:00 am – 4:00 pm
Instructor(s) William Dupre, Director, DSD

Intended

Audience: Management and Supervisory Employees

COURSE DESCRIPTION:

Conflict is a natural dynamic in our interactions with individuals and in the building of teams and workgroups. Yet, conflict is something managers and supervisors often avoid addressing. What's needed for success today is to shift our paradigm from avoiding conflict to embracing it as a potentially constructive force.

This course presents a framework for enabling this shift in perception and provides techniques and tools for minimizing resistance and other obstacles to success. Therefore, maximizing the opportunities for cooperation and collaboration.

Learning Objectives:

- Differentiate among various approaches to conflict resolution.
- Identify one's own predominant approach.
- Demonstrate an understanding of different conflict resolution techniques.
- Practice using the tools to approach and to resolve workplace conflict.

Utilize effective conflict resolution strategies to move from conflict to cooperation and shared success.

NOTE: Enrollment is limited to 25 participants

Holistic Stress Management Workshop – Aromatherapy

Location: Training Academy, Shirley
Date: January 25, 2012
Time: 11:00 am – 2:00 pm
Instructor(s) Victoria Bender

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

The focus of this workshop is holistic-honoring the Integration, balance and harmony of mind, body spirit and Emotions for optimal well-being. There are some proven Holistic stress management strategies that we can use to manage stress. The workshop is much more than a stress-management program. Participants will gain principles and techniques for successful leadership, self mastery, and focus to work effectively with others. Not only will participants' stress levels dramatically be reduced but will have significant relief from chronic pain, high blood pressure and insomnia. Participants will learn to focus the mind where they want it to go and achieve results more quickly and effectively. Comfortable clothing may be worn and bring cushions for sitting.

NOTE: Enrollment is limited to 20 participants

Suicide Prevention, Intervention

Location: Training Academy, Shirley
Date: January 26, 2012
Time: 8:00 am – 3:00 pm
Instructor(s) Jaime Andrade, Sergeant, DSD

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

The unit of instruction will provide participants with a comprehensive understanding of suicide prevention and mental illness as it relates to the inmate population under the care and custody of the department.

Participants will increase their knowledge skills and abilities to recognize the signs symptoms and risk factors of suicide in a correctional setting and effectively supervise inmates under their care. The unit will also provide participants with the opportunity to apply appropriate intervention techniques, communication care procedures when dealing with suicidal behavior.

NOTE: Enrollment is limited to 10 participants

Understanding Diversity

Location: Training Academy, Shirley
Date: January 27, 2012
Time: 8:00 am – 12:00 pm
Instructor(s) Raymond Gonsalves, Captain, DSD

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

This course will provide participants with awareness and skill-building training in managing and valuing diversity to forge better working relationships and enhance the work environment. Awareness training focuses on creating an understanding of the need for, and meaning of diversity. It is also meant to increase participants self awareness of diversity related issues such as diversity and the law, cultural differences and how to respond to differences in the workplace

NOTE: Enrollment is limited to 20 participants

Use Of Force

Location: Training Academy, Shirley
Date: January 27, 2012
Time: 1:00 pm – 3:00 pm
Instructor(s) Jessica Vieira, Correction Officer, DSD

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

This course will include the principles and philosophies of the Department's Use of Force Policy geared toward non-security staff members.

NOTE: Enrollment is limited to 10 participants

DOC Web Editor Class

Location: Online via WebEx
Date: February 10, 2012
Time: 9:30 am – 11:30 pm
Instructor(s) Jeffrey Hotte

Intended

Audience: Open to all staff

COURSE DESCRIPTION:

In this Virtual Instructor Lead Training (VILT) participants will be trained to utilize the web tools provided to post information and upload documents to the DOC intranet relative to his/her facility/division to ensure that the most up-to-date information is available for use by approved staff. Topics will include posting new documents, updating documents, archiving documents and setting security levels. This class will be facilitated online. Participants must have a PC and phone with long distance access in order to take part in the class. You must be approved by Institution/Division to be a Web Editor.

NOTE: Enrollment is limited to 10 participants

Correctional Leadership – New Sergeants

Location: Warren Hall Training Center, Bridgewater
Date: February 13, 14, 15, 16, 17, 2012
Time: 8:00 am – 4:00 pm
Instructor(s) Terrance Kingman, Training Instructor

Intended

Audience: Open to all new Sergeants

COURSE DESCRIPTION:

This program is designed utilizing three validated models in developing a new supervisor with the necessary leadership and supervisory competencies to be successful in taking on their new challenges. The Leadership Challenge' by Kouzes and Posner identifies The Five Practices that characterize leaders who get extraordinary things done in organizations. Through this work, it has been proven that leadership is learnable, and that 'leadership is everyone's business'. The National Institute of Correction, Correctional Leadership Competencies for the 21st Century : Manager and Supervisor Levels will be used as maps in developing the skills and abilities needed today and in the future for correctional supervisors. This program will also focus on developing coaching and mentoring skills.

NOTE: Enrollment is limited to 24 participants

Managing Through Conflict to Success

Location: Training Academy, Shirley
Date: February 1, 2012
Time: 9:00 am – 4:00 pm
Instructor(s) William Dupre, Director, DSD

Intended

Audience: Management and Supervisory Employees

COURSE DESCRIPTION:

Conflict is a natural dynamic in our interactions with individuals and in the building of teams and workgroups. Yet, conflict is something managers and supervisors often avoid addressing. What's needed for success today is to shift our paradigm from avoiding conflict to embracing it as a potentially constructive force.

This course presents a framework for enabling this shift in perception and provides techniques and tools for minimizing resistance and other obstacles to success. Therefore, maximizing the opportunities for cooperation and collaboration.

Learning Objectives:

- Differentiate among various approaches to conflict resolution.
- Identify one's own predominant approach.
- Demonstrate an understanding of different conflict resolution techniques.
- Practice using the tools to approach and to resolve workplace conflict.

Utilize effective conflict resolution strategies to move from conflict to cooperation and shared success.

NOTE: Enrollment is limited to 25 participants

Health & Wellness Related Book Study

Location: Warren Hall Training Center, Bridgewater
Date: February 1, 2012
Time: 9:00 am – 12:00 pm
Instructor(s) Eva Gaeta and/or H&W Committee Member

Intended

Audience: Open to all staff

COURSE DESCRIPTION:

Stress is a stranger to no one. Once described as wear & tear on the body, stress is now best defined as “a disconnection from our divine source.” Times of stress may produce intense feelings of frustration and/or panic, but stress also provides an opportunity for spiritual growth, we call upon inner resources to dismantle life’s roadblocks so we can walk in balance on the human path. Our first step begins with the book : “Stand Like Mountain, Flow Like Water” by Brian Luke Seaward, PhD.
http://www.amazon.com/Stand-Like-Mountain-Flow-Water/dp/0757305474/ref=cm_cr_pr_product_top#_

Equipment needed is the book stated above.

NOTE: Enrollment is limited to 20 participants

The Inmate Disciplinary Process

Location: Training Academy, Shirley
Date: February 15, 2012
Time: 8:30 am – 11:30 pm
Instructor(s) Phil Silva and Captain Scott Brown

Intended New Inmate Disciplinary Officers and

Audience: Disciplinary Hearing Officers (Security Staff
State and Count)

COURSE DESCRIPTION:

This course will cover the source of the procedural disciplinary rights and the duties of a disciplinary officer to include, processing a report, assigning charges, scheduling, handling, evidence and witness requests, serving discovery and processing investigation material. The Hearing process, including the handling of witnesses and composition of a decision.

NOTE: Enrollment is limited to 15 participants

Holistic Stress Management Workshop – Reflexology

Location: Warren Hall Training Center, Bridgewater
Date: February 15, 2012
Time: 1:00 pm – 3:00 pm
Instructor(s) Valerie Voner, Director, New England Institute
Of Reflexology & Universal Studies

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

The focus of this workshop is holistic-honoring the Integration, balance and harmony of mind, body spirit and Emotions for optimal well-being. There are some proven Holistic stress management strategies that we can use to manage stress. The workshop is much more than a stress-management program. Participants will gain principles and techniques for successful leadership, self mastery, and focus to work effectively with others. Not only will participants' stress levels dramatically be reduced but will have significant relief from chronic pain, high blood pressure and insomnia. Participants will learn to focus the mind where they want it to go and achieve results more quickly and effectively to enhance their personal productivity through aromatherapy, laughter, massage, meditation music, nutrition, reflexology, spirit, and yoga. Comfortable clothing and footwear may be worn and participants need to bring cream to use for hand massage & a mat for stretch class.

NOTE: Enrollment is limited to 30 participants

Suicide Prevention Intervention

Location: Training Academy, Shirley
Date: February 16, 2012
Time: 8:00 am – 3:00 pm
Instructor(s) Jaime Andrade, Sergeant, DSD

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

The unit of instruction will provide participants with a comprehensive understanding of suicide prevention and mental illness as it relates to the inmate population under the care and custody of the department.

Participants will increase their knowledge skills and abilities to recognize the signs symptoms and risk factors of suicide in a correctional setting and effectively supervise inmates under their care. The unit will also provide participants with the opportunity to apply appropriate intervention techniques, communication care procedures when dealing with suicidal behavior.

NOTE: Enrollment is limited to 10 participants

Understanding Diversity

Location: Training Academy, Shirley
Date: February 17, 2012
Time: 8:00 am – 12:00 pm
Instructor(s) Raymond Gonsalves, Captain, DSD

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

This course will provide participants with awareness and skill-building training in managing and valuing diversity to forge better working relationships and enhance the work environment. Awareness training focuses on creating an understanding of the need for, and meaning of diversity. It is also meant to increase participants self awareness of diversity related issues such as diversity and the law, cultural differences and how to respond to differences in the workplace

NOTE: Enrollment is limited to 20 participants

Use Of Force

Location: Training Academy, Shirley
Date: February 17, 2012
Time: 1:00 pm – 3:00 pm
Instructor(s) Jessica Vieira, Correction Officer, DSD

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

This course will include the principles and philosophies of the Departments Use of Force Policy geared toward non-security staff members.

NOTE: Enrollment is limited to 10 participants

Holistic Stress Management Workshop – Aromatherapy

Location: Training Academy, Shirley
Date: February 23, 2012
Time: 11:00 am – 2:00 pm
Instructor(s) Victoria Bender

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

The focus of this workshop is holistic-honoring the Integration, balance and harmony of mind, body spirit and Emotions for optimal well-being. There are some proven Holistic stress management strategies that we can use to manage stress. The workshop is much more than a stress-management program. Participants will gain principles and techniques for successful leadership, self mastery, and focus to work effectively with others. Not only will participants' stress levels dramatically be reduced but will have significant relief from chronic pain, high blood pressure and insomnia. Participants will learn to focus the mind where they want it to go and achieve results more quickly and effectively. Comfortable clothing may be worn and bring cushions for sitting.

NOTE: Enrollment is limited to 20 participants

CPR/AED – Professional Rescuer

Location: Training Academy, Shirley
Date: March 1, 2012
Time: 8:00 am – 4:00 pm
Instructor(s) Charles Hooper, Lieutenant, DSD

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

The purpose of CPR/AED for the professional Rescuer course is to teach those with a duty to act (professional rescuers) the skills needed to respond appropriately to cardiac emergencies. This includes the use of an automated external defibrillator (AED) to care for a victim of cardiac arrest.

NOTE: Enrollment is limited to 12 participants

Health & Wellness Related Book Study

Location: Warren Hall Training Center, Bridgewater
Date: March 7, 2012
Time: 9:00 am – 12:00 pm
Instructor(s) Eva Gaeta and/or H&W Committee Member

Intended

Audience: Open to all staff

COURSE DESCRIPTION:

Stress is a stranger to no one. Once described as wear & tear on the body, stress is now best defined as “a disconnection from our divine source.” Times of stress may produce intense feelings of frustration and/or panic, but stress also provides an opportunity for spiritual growth, we call upon inner resources to dismantle life’s roadblocks so we can walk in balance on the human path. Our first step begins with the book : “Stand Like Mountain, Flow Like Water” by Brian Luke Seaward, PhD.
http://www.amazon.com/Stand-Like-Mountain-Flow-Water/dp/0757305474/ref=cm_cr_pr_product_top#_
Equipment needed is the book stated above.

NOTE: Enrollment is limited to 20 participants

CPR/AED – Professional Rescuer

Location: Warren Hall Training Center, Bridgewater
Date: March 8, 2012
Time: 8:00 am – 4:00 pm
Instructor(s) Division of Staff Development

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

The purpose of CPR/AED for the professional Rescuer course is to teach those with a duty to act (professional rescuers) the skills needed to respond appropriately to cardiac emergencies. This includes the use of an automated external defibrillator (AED) to care for a victim of cardiac arrest.

NOTE: Enrollment is limited to 12 participants

Correctional Leadership – New Sergeants

Location: Training Academy, Shirley
Date: March 12, 13, 14, 15, 16, 2012
Time: 8:00 am – 4:00 pm
Instructor(s) Terrance Kingman, Training Instructor

Intended

Audience: Open to all new Sergeants

COURSE DESCRIPTION:

This program is designed utilizing three validated models in developing a new supervisor with the necessary leadership and supervisory competencies to be successful in taking on their new challenges. The Leadership Challenge' by Kouzes and Posner identifies The Five Practices that characterize leaders who get extraordinary things done in organizations. Through this work, it has been proven that leadership is learnable, and that 'leadership is everyone's business'. The National Institute of Correction, Correctional Leadership Competencies for the 21st Century : Manager and Supervisor Levels will be used as maps in developing the skills and abilities needed today and in the future for correctional supervisors. This program will also focus on developing coaching and mentoring skills.

NOTE: Enrollment is limited to 24 participants

Home Fire Safety

Location: Warren Hall Training Center, Bridgewater
Date: March 14, 2012
Time: 9:30 am – 11:30 pm
Instructor(s) Lee Clement, Correction Officer, DSD
Deputy Fire Chief

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

This course will include the principles of fire behavior, types of fires, proper use of electrical appliances.

NOTE: Enrollment is limited to 30 participants

Holistic Stress Management Workshop
Introduction to Meditation

Location: Warren Hall Training Center, Bridgewater
Date: March 14, 2012
Time: 1:00 pm – 3:00 pm
Instructor(s) Eve Geata and H&W Committee Member

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

The focus of this workshop is holistic-honoring the Integration, balance and harmony of mind, body spirit and Emotions for optimal well-being. There are some proven Holistic stress management strategies that we can use to manage stress. The workshop is much more than a stress-management program. Participants will gain principles and techniques for successful leadership, self mastery, and focus to work effectively with others. Not only will participants' stress levels dramatically be reduced but will have significant relief from chronic pain, high blood pressure and insomnia. Participants will learn to focus the mind where they want it to go and achieve results more quickly and effectively. Comfortable clothing may be worn and bring cushions for sitting.

NOTE: Enrollment is limited to 30 participants

Health & Wellness Related Book Study

Location: Warren Hall Training Center, Bridgewater
Date: March 14, 2012
Time: 9:00 am – 12:00 pm
Instructor(s) Eva Gaeta and/or H&W Committee Member

Intended

Audience: Open to all staff

COURSE DESCRIPTION:

Stress is a stranger to no one. Once described as wear & tear on the body, stress is now best defined as "a disconnection from our divine source." Times of stress may produce intense feelings of frustration and/or panic, but stress also provides an opportunity for spiritual growth, we call upon inner resources to dismantle life's roadblocks so we can walk in balance on the human path. Our first step begins with the book : "Stand Like Mountain, Flow Like Water" by Brian Luke Seaward, PhD.
http://www.amazon.com/Stand-Like-Mountain-Flow-Water/dp/0757305474/ref=cm_cr_pr_product_top#_

Equipment needed is the book stated above.

NOTE: Enrollment is limited to 20 participants

CPR/AED – Professional Rescuer

Location: Training Academy, Shirley
Date: March 15, 2012
Time: 8:00 am – 4:00 pm
Instructor(s) Division of Staff Development

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

The purpose of CPR/AED for the professional Rescuer course is to teach those with a duty to act (professional rescuers) the skills needed to respond appropriately to cardiac emergencies. This includes the use of an automated external defibrillator (AED) to care for a victim of cardiac arrest.

NOTE: *Enrollment is limited to 12 participants*

Volleyball for Beginners

Location: Training Academy, Shirley
Date: March 16, 2012
Time: 11:00 am – 3:00 pm
Instructor(s) Jessica Schedin, Sergeant
Katy Carson, Correction Officer

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

This course will include the basic rules and principles of Volleyball. Students will learn volleyball key positions and the responsibilities of each player on the team.

Participants must wear sneakers and PT clothing for this activity and bring a water bottle.

NOTE: *Enrollment is limited to 12 participants*

CPR/AED – Professional Rescuer

Location: Training Academy, Shirley
Date: March 22, 2012
Time: 8:00 am – 4:00 pm
Instructor(s) Division of Staff Development

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

The purpose of CPR/AED for the professional Rescuer course is to teach those with a duty to act (professional rescuers) the skills needed to respond appropriately to cardiac emergencies. This includes the use of an automated external defibrillator (AED) to care for a victim of cardiac arrest.

NOTE: Enrollment is limited to 12 participants

Use Of Force

Location: Training Academy, Shirley
Date: March 22, 2012
Time: 9:00 am – 11:00 am
Instructor(s) Christopher Shilmon, Sergeant

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

This course will include the principles and philosophies of the Departments Use of Force Policy geared toward non-security and security staff members within a correctional environment.

NOTE: Enrollment is limited to 20 participants

Suicide Prevention, Intervention

Location: Training Academy, Shirley
Date: March 29, 2012
Time: 8:00 am – 3:00 pm
Instructor(s) Jaime Andrade, Sergeant, DSD

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

The unit of instruction will provide participants with a comprehensive understanding of suicide prevention and mental illness as it relates to the inmate population under the care and custody of the department.

Participants will increase their knowledge skills and abilities to recognize the signs symptoms and risk factors of suicide in a correctional setting and effectively supervise inmates under their care. The unit will also provide participants with the opportunity to apply appropriate intervention techniques, communication care procedures when dealing with suicidal behavior.

NOTE: Enrollment is limited to 10 participants

Understanding Diversity

Location: Training Academy, Shirley
Date: March 30, 2012
Time: 8:00 am – 12:00 pm
Instructor(s) Raymond Gonsalves, Captain, DSD

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

This course will provide participants with awareness and skill-building training in managing and valuing diversity to forge better working relationships and enhance the work environment. Awareness training focuses on creating an understanding of the need for, and meaning of diversity. It is also meant to increase participants self awareness of diversity related issues such as diversity and the law, cultural differences and how to respond to differences in the workplace

NOTE: Enrollment is limited to 20 participants

Use Of Force

Location: Training Academy, Shirley
Date: March 30, 2012
Time: 1:00 pm – 3:00 pm
Instructor(s) Jessica Vieira, Correction Officer, DSD

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

This course will include the principles and philosophies of the Department's Use of Force Policy geared toward non-security staff members.

NOTE: Enrollment is limited to 10 participants

Correctional Leadership – New Sergeants

Location: Training Academy, Shirley
Date: April 2, 3, 4, 5, 6, 2012
Time: 8:00 am – 4:00 pm
Instructor(s) Terrance Kingman, Training Instructor

Intended

Audience: Open to all new Sergeants

COURSE DESCRIPTION:

This program is designed utilizing three validated models in developing a new supervisor with the necessary leadership and supervisory competencies to be successful in taking on their new challenges. The Leadership Challenge' by Kouzes and Posner identifies The Five Practices that characterize leaders who get extraordinary things done in organizations. Through this work, it has been proven that leadership is learnable, and that 'leadership is everyone's business'. The National Institute of Correction, Correctional Leadership Competencies for the 21st Century : Manager and Supervisor Levels will be used as maps in developing the skills and abilities needed today and in the future for correctional supervisors. This program will also focus on developing coaching and mentoring skills.

NOTE: Enrollment is limited to 24 participants

Wellness: Learn to Run

Location: Training Academy, Shirley
Date: April 4, 2012
Time: 9:00 am – 12:00 pm
Instructor(s) William Dupre, Director, DSD

Intended

Audience: Open to all staff

COURSE DESCRIPTION:

You will get lots of personal attention and enjoy a rich learning experience packed with good information to help you run injury-free for the rest of your life.

The Learn to Run workshop will guide you through many exercises and drills designed to leave you with a clear sense of what the running techniques feels like in your body. We will not be doing lots of distance running (contrary to what you might imagine), so no matter what condition you are in, have no fear. We will spend time alternating between demonstrations, fun exercises and technique drills ... the nature of the day will be relaxed, full and inspiring.

- The Keys to Effortless, Injury-free Running
- The Physics of Running: Run without Using Your Legs
- Injury prevention techniques
- Personal Check-in Tricks and Tools
- Pre-run Body Looseners, Post-run Stretches
- How to conserve energy at any speed

Notes: Workshop will be in the gymnasium and outdoors. Physical training gear and a water bottle is required.

NOTE: *Enrollment is limited to 15 participants*

CPR/AED – Professional Rescuer

Location: Warren Hall Training Center, Bridgewater
Date: April 5, 2012
Time: 8:00 am – 4:00 pm
Instructor(s) Division of Staff Development

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

The purpose of CPR/AED for the professional Rescuer course is to teach those with a duty to act (professional rescuers) the skills needed to respond appropriately to cardiac emergencies. This includes the use of an automated external defibrillator (AED) to care for a victim of cardiac arrest.

NOTE: Enrollment is limited to 12 participants

Basic IMS for Security and Non-Security

Location: Training Academy, Shirley
Date: April 5, 2012
Time: 9:00 am – 12:00 pm
Instructor(s) David Haven, Sergeant

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

This two hour course is designed for those Security and Non-Security staff who have never received Basic IMS training, or for those who have not utilized the IMS recently and would like a refresher course. Upon completion of this course, staff will understand how to utilize the Run report module (New Inmate List), read and respond to Notifications, schedule and modify inmate appointments, Issue daily attendance and monthly performance evaluations, utilize the basic fundamentals and finally how to submit incident reports and disciplinary reports.

NOTE: Enrollment is limited to 20 participants

DOC Web Editor Class

Location: Online via WebEx
Date: April 6, 2012
Time: 9:30 am – 11:30 pm
Instructor(s) Jeffrey Hotte

Intended

Audience: Open to all staff

COURSE DESCRIPTION:

In this Virtual Instructor Lead Training (VILT) participants will be trained to utilize the web tools provided to post information and upload documents to the DOC intranet relative to his/her facility/division to ensure that the most up-to-date information is available for use by approved staff. Topics will include posting new documents, updating documents, archiving documents and setting security levels. This class will be facilitated online. Participants must have a PC and phone with long distance access in order to take part in the class. You must be approved by Institution/Division to be a Web Editor.

NOTE: Enrollment is limited to 10 participants

Security Threat Groups/ STG

Location: Training Academy, Shirley
Date: April 10, 2012
Time: 9:00 am – 12:00 pm
Instructor(s) Michael Pierce, Sergeant

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

This course will cover the identification and basic information on Gangs also known as Security Threat Groups. Explore the consequences of STG actions and why gang members become what they are.

NOTE: Enrollment is limited to 20 participants

CPR/AED – Professional Rescuer

Location: Training Academy, Shirley
Date: April 12, 2012
Time: 8:00 am – 4:00 pm
Instructor(s) Division of Staff Development

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

The purpose of CPR/AED for the professional Rescuer course is to teach those with a duty to act (professional rescuers) the skills needed to respond appropriately to cardiac emergencies. This includes the use of an automated external defibrillator (AED) to care for a victim of cardiac arrest.

NOTE: *Enrollment is limited to 12 participants*

Correctional Leadership – New Sergeants

Location: Training Academy, Shirley
Date: April 16, 17, 18, 19, 20, 2012
Time: 8:00 am – 4:00 pm
Instructor(s) Terrance Kingman, Training Instructor

Intended

Audience: Open to all new Sergeants

COURSE DESCRIPTION:

This program is designed utilizing three validated models in developing a new supervisor with the necessary leadership and supervisory competencies to be successful in taking on their new challenges. The Leadership Challenge' by Kouzes and Posner identifies The Five Practices that characterize leaders who get extraordinary things done in organizations. Through this work, it has been proven that leadership is learnable, and that 'leadership is everyone's business'. The National Institute of Correction, Correctional Leadership Competencies for the 21st Century: Manager and Supervisor Levels will be used as maps in developing the skills and abilities needed today and in the future for correctional supervisors. This program will also focus on developing coaching and mentoring skills.

NOTE: *Enrollment is limited to 24 participants*

Health & Wellness Related Book Study

Location: Warren Hall Training Center, Bridgewater
Date: April 18, 2012
Time: 9:00 am – 12:00 pm
Instructor(s) Eva Gaeta and/or H&W Committee Member

Intended

Audience: Open to all staff

COURSE DESCRIPTION:

Stress is a stranger to no one. Once described as wear & tear on the body, stress is now best defined as “a disconnection from our divine source.” Times of stress may produce intense feelings of frustration and/or panic, but stress also provides an opportunity for spiritual growth, we call upon inner resources to dismantle life’s roadblocks so we can walk in balance on the human path. Our first step begins with the book : “Stand Like Mountain, Flow Like Water” by Brian Luke Seaward, PhD.
http://www.amazon.com/Stand-Like-Mountain-Flow-Water/dp/0757305474/ref=cm_cr_pr_product_top#_

Equipment needed is the book stated above.

NOTE: *Enrollment is limited to 20 participants*

Home Fire Safety

Location: Warren Hall Training Center, Bridgewater
Date: April 18, 2012
Time: 9:30 am – 11:30 pm
Instructor(s) Lee Clement, Correction Officer, DSD
Deputy Fire Chief

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

This course will include the principles of fire behavior, types of fires, proper use of electrical appliances.

NOTE: *Enrollment is limited to 30 participants*

Holistic Stress Management Workshop
Introduction to Meditation

Location: Warren Hall Training Center, Bridgewater
Date: April 18, 2012
Time: 1:00 pm – 3:00 pm
Instructor(s) Eve Geata and H&W Committee Member

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

The focus of this workshop is holistic-honoring the Integration, balance and harmony of mind, body spirit and Emotions for optimal well-being. There are some proven Holistic stress management strategies that we can use to manage stress. The workshop is much more than a stress-management program. Participants will gain principles and techniques for successful leadership, self mastery, and focus to work effectively with others. Not only will participants' stress levels dramatically be reduced but will have significant relief from chronic pain, high blood pressure and insomnia. Participants will learn to focus the mind where they want it to go and achieve results more quickly and effectively. Comfortable clothing may be worn and bring cushions for sitting.

NOTE: *Enrollment is limited to 30 participants*

Holistic Stress Management Workshop – Reflexology

Location: Warren Hall Training Center, Bridgewater
Date: April 18, 2012
Time: 1:00 pm – 3:00 pm
Instructor(s) Valerie Voner, Director, New England Institute Of Reflexology & Universal Studies

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

The focus of this workshop is holistic-honoring the Integration, balance and harmony of mind, body spirit and Emotions for optimal well-being. There are some proven Holistic stress management strategies that we can use to manage stress. The workshop is much more than a stress-management program. Participants will gain principles and techniques for successful leadership, self mastery, and focus to work effectively with others. Not only will participants' stress levels dramatically be reduced but will have significant relief from chronic pain, high blood pressure and insomnia. Participants will learn to focus the mind where they want it to go and achieve results more quickly and effectively to enhance their personal productivity through aromatherapy, laughter, massage, meditation music, nutrition, reflexology, spirit, and yoga. Comfortable clothing and footwear may be worn and participants need to bring cream to use for hand massage & a mat for stretch class.

NOTE: *Enrollment is limited to 30 participants*

CPR/AED – Professional Rescuer

Location: Training Academy, Shirley
Date: April 19, 2012
Time: 8:00 am – 4:00 pm
Instructor(s) Division of Staff Development

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

The purpose of CPR/AED for the professional Rescuer course is to teach those with a duty to act (professional rescuers) the skills needed to respond appropriately to cardiac emergencies. This includes the use of an automated external defibrillator (AED) to care for a victim of cardiac arrest.

NOTE: Enrollment is limited to 12 participants

The Leadership Challenge Workshop

Location: Warren Hall Training Center, Bridgewater
Date: April 25, 2012
Time: 9:00 am – 4:00 pm
Instructor(s) Geralyn Riley, DSD

Intended

Audience: Newly hired managers

COURSE DESCRIPTION:

Using The Leadership Challenge 4th Edition, Kouzes and Posner to align staff roles with a validated leadership model applicable to all levels of the organization. The Leadership Challenge Workshop is designed to examine the Five Practices of Exemplary Leadership: *Model The Way; Inspire a Shared Vision; Challenge the Process; Enable others to Act; Encourage the Heart.*

NOTE: Enrollment is limited to 15 participants

Health & Wellness Related Book Study

Location: Warren Hall Training Center, Bridgewater
Date: April 25, 2012
Time: 9:00 am – 12:00 pm
Instructor(s) Eva Gaeta and/or H&W Committee Member

Intended

Audience: Open to all staff

COURSE DESCRIPTION:

Stress is a stranger to no one. Once described as wear & tear on the body, stress is now best defined as “a disconnection from our divine source.” Times of stress may produce intense feelings of frustration and/or panic, but stress also provides an opportunity for spiritual growth, we call upon inner resources to dismantle life’s roadblocks so we can walk in balance on the human path. Our first step begins with the book : “Stand Like Mountain, Flow Like Water” by Brian Luke Seaward, PhD.

http://www.amazon.com/Stand-Like-Mountain-Flow-Water/dp/0757305474/ref=cm_cr_pr_product_top#_

Equipment needed is the book stated above.

NOTE: Enrollment is limited to 20 participants

CPR/AED – Professional Rescuer

Location: Warren Hall Training Center, Bridgewater
Date: April 26, 2012
Time: 8:00 am – 4:00 pm
Instructor(s) Division of Staff Development

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

The purpose of CPR/AED for the professional Rescuer course is to teach those with a duty to act (professional rescuers) the skills needed to respond appropriately to cardiac emergencies. This includes the use of an automated external defibrillator (AED) to care for a victim of cardiac arrest.

NOTE: Enrollment is limited to 12 participants

Suicide Prevention, Intervention

Location: Training Academy, Shirley
Date: April 27, 2012
Time: 8:00 am – 3:00 pm
Instructor(s) Jaime Andrade, Sergeant, DSD

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

The unit of instruction will provide participants with a comprehensive understanding of suicide prevention and mental illness as it relates to the inmate population under the care and custody of the department.

Participants will increase their knowledge skills and abilities to recognize the signs symptoms and risk factors of suicide in a correctional setting and effectively supervise inmates under their care. The unit will also provide participants with the opportunity to apply appropriate intervention techniques, communication care procedures when dealing with suicidal behavior.

NOTE: Enrollment is limited to 10 participants

Understanding Diversity

Location: Training Academy, Shirley
Date: April 27, 2012
Time: 8:00 am – 12:00 pm
Instructor(s) Raymond Gonsalves, Captain, DSD

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

This course will provide participants with awareness and skill-building training in managing and valuing diversity to forge better working relationships and enhance the work environment. Awareness training focuses on creating an understanding of the need for, and meaning of diversity. It is also meant to increase participants self awareness of diversity related issues such as diversity and the law, cultural differences and how to respond to differences in the workplace

NOTE: Enrollment is limited to 20 participants

Use Of Force

Location: Training Academy, Shirley
Date: April 27, 2012
Time: 1:00 pm – 3:00 pm
Instructor(s) Jessica Vieira, Correction Officer, DSD

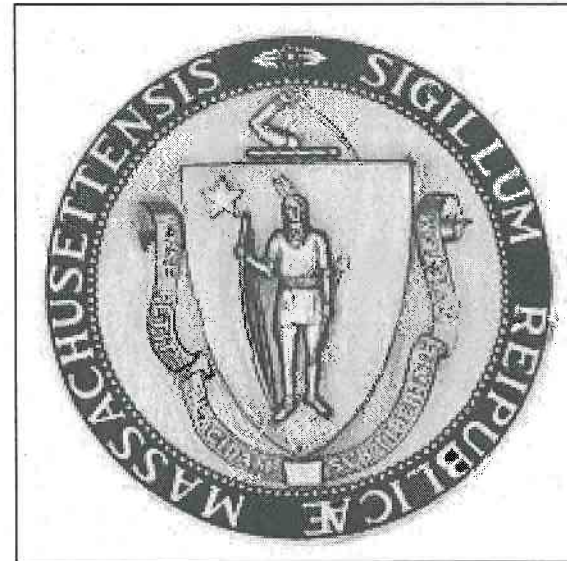
Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

This course will include the principles and philosophies of the Department's Use of Force Policy geared toward non-security staff members.

NOTE: Enrollment is limited to 10 participants



Social-Emotional Intelligence

Location: Warren Hall Training Center, Bridgewater
Date: May 2, 2012
Time: 9:00 am – 12:00 pm
Instructor(s) William Dupre, Director, DSD

Intended

Audience: Management and Supervisory Employees

COURSE DESCRIPTION:

Social-Emotional Intelligence (SEI) is the human capacity to effectively navigate and negotiate complex social relationships and environments. SEI increases our ability to make good decisions, build relationships, deal with stress, and cope with change.

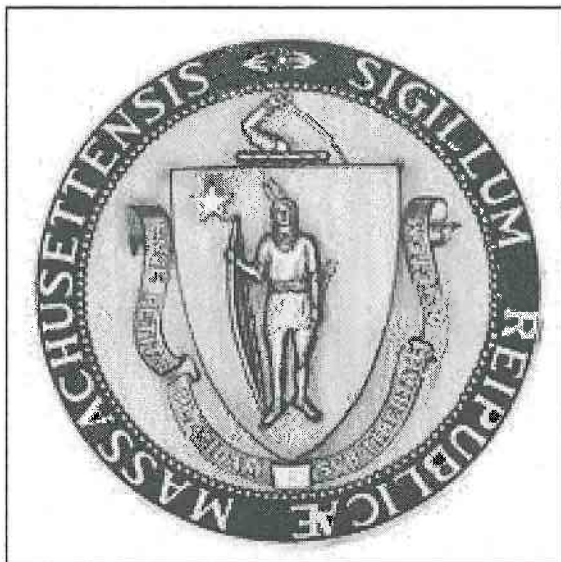
The course begins by defining SEI and identifying why SEI is important to the department, team, and personal success. We will Examine recent neuroscience discoveries that explain how our brains connect with another person's brain during social interactions. Raise awareness on three competencies that contribute to improving SEI in correctional environments: Self Awareness; Social Awareness; and Self Management. Small and large group discussions and activities will be used to help participants explore and gain a better understanding of the subject matter.

This workshop is for employees working in correctional environments.

Objectives:

- Define emotional intelligence and how it relates to personal and organizational success.
- Raise awareness of the science behind social interactions.
- Apply tools to increase your and others social-emotional intelligence.

NOTE: *Enrollment is limited to 25 participants*



CPR/AED – Professional Rescuer

Location: Training Academy, Shirley
Date: May 3, 2012
Time: 8:00 am – 4:00 pm
Instructor(s) Division of Staff Development

Intended

Audience: Open to all interested staff.

COURSE DESCRIPTION:

The purpose of CPR/AED for the professional Rescuer course is to teach those with a duty to act (professional rescuers) the skills needed to respond appropriately to cardiac emergencies. This includes the use of an automated external defibrillator (AED) to care for a victim of cardiac arrest.

NOTE: *Enrollment is limited to 12 participants*

**Historical Perspective of MCI Cedar Junction
and MCI Norfolk Prisons**

Location: MCI Cedar Junction Training Center
Date: May 4, 2012
Time: 8:00 am – 11:00 am
Instructor(s) Daniel Sullivan, Sergeant
Robert Lefort, Lieutenant

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

This course will give the participants the historical perspective on MCI Cedar Junction and MCI Norfolk. We will discuss the reason why these prisons were built, what their missions were, and what their missions are now.

Employees must have their department ID's.

NOTE: Enrollment is limited to 20 participants

**Inmate Transportation and
Outside Hospital Protocols**

Location: MCI Cedar Junction Training Center
Date: May 4, 2012
Time: 12:00 pm – 3:00 pm
Instructor(s) Daniel Sullivan, Sergeant
Robert Lefort, Lieutenant

Intended

Audience: CO I, CO II and CO III

COURSE DESCRIPTION:

Proper transportation of inmates and patients. Following the 530 Transportation Policy and the 521 Outside Hospital Policy.

Employees must have their department ID's.

NOTE: Enrollment is limited to 20 participants

The Leadership Challenge Workshop

Location: Training Academy, Shirley
Date: May 9, 2012
Time: 9:00 am – 4:00 pm
Instructor(s) Geralyn Riley, DSD

Intended

Audience: Newly hired managers

COURSE DESCRIPTION:

Using The Leadership Challenge 4th Edition, Kouzes and Posner to align staff roles with a validated leadership model applicable to all levels of the organization. The Leadership Challenge Workshop is designed to examine the Five Practices of Exemplary Leadership: *Model The Way; Inspire a Shared Vision; Challenge the Process; Enable others to Act; Encourage the Heart.*

NOTE: Enrollment is limited to 15 participants

CPR/AED – Professional Rescuer

Location: Training Academy, Shirley
Date: May 10, 2012
Time: 8:00 am – 4:00 pm
Instructor(s) Division of Staff Development

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

The purpose of CPR/AED for the professional Rescuer course is to teach those with a duty to act (professional rescuers) the skills needed to respond appropriately to cardiac emergencies. This includes the use of an automated external defibrillator (AED) to care for a victim of cardiac arrest.

NOTE: Enrollment is limited to 12 participants

COPP (Correction Officer Protection Program)
Self-Defense/ Defense Tactics class

Location: Training Academy, Shirley
Date: May 11, 2012
Time: 8:00 am – 12:00 pm
Instructor(s) Franco Delmonaco, Sergeant
Jessica Vieira, Correction Officer, DSD

Intended

Audience: Open to all Non-Security and Security staff

COURSE DESCRIPTION:

This course will begin with a review 103 CMR 505 Use of Force Policy to develop a working knowledge and understanding of how and why we use force. After the completion of the overview participants will engage in the hands-on portion of the course designed to provide line staff with a Defensive Tactics program that is easily adopted to the department policies. Participants will engage in an moderate workout utilizing strikes, kicks, ground defense and defense against weapons obtained during this course. Participants are required to wear sweat-pants, t-shirts, sneakers (workout gear). Bring water bottle and mouthpiece optional.

NOTE: Enrollment is limited to 20 participants

Train the Trainer – Foundation Skills – Entry Level

Location: Training Academy, Shirley
Date: May 14, 15, 16, 17, 18, 2012
Time: 8:00 am – 4:00 pm
Instructor(s) Terrance Kingman, Training Instructor

Intended

Audience: Open to all interested participants

COURSE DESCRIPTION:

This program is designed to develop staff into trainers by providing them with the basic principles and skills of facilitation. This four day course will cover Learning Theories, Program Delivery, Classroom Management, Learning Styles , Use of Training Aids PowerPoint) and Impact of Training on the agency..

NOTE: Enrollment is limited to 20 participants

Holistic Stress Management Workshop – Reflexology

Location: Warren Hall Training Center, Bridgewater
Date: May 16, 2012
Time: 1:00 pm – 3:00 pm
Instructor(s) Valerie Voner, Director, New England Institute
Of Reflexology & Universal Studies

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

The focus of this workshop is holistic-honoring the Integration, balance and harmony of mind, body spirit and Emotions for optimal well-being. There are some proven Holistic stress management strategies that we can use to manage stress. The workshop is much more than a stress-management program. Participants will gain principles and techniques for successful leadership, self mastery, and focus to work effectively with others. Not only will participants' stress levels dramatically be reduced but will have significant relief from chronic pain, high blood pressure and insomnia. Participants will learn to focus the mind where they want it to go and achieve results more quickly and effectively to enhance their personal productivity through aromatherapy, laughter, massage, meditation music, nutrition, reflexology, spirit, and yoga. Comfortable clothing and footwear may be worn and participants need to bring cream to use for hand massage & a mat for stretch class.

NOTE: Enrollment is limited to 30 participants

CPR/AED – Professional Rescuer

Location: Warren Hall Training Center, Bridgewater
Date: May 17, 2012
Time: 8:00 am – 4:00 pm
Instructor(s) Division of Staff Development

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

The purpose of CPR/AED for the professional Rescuer course is to teach those with a duty to act (professional rescuers) the skills needed to respond appropriately to cardiac emergencies. This includes the use of an automated external defibrillator (AED) to care for a victim of cardiac arrest.

NOTE: Enrollment is limited to 12 participants

Volleyball for Beginners

Location: Training Academy, Shirley
Date: May 18, 2012
Time: 11:00 am – 3:00 pm
Instructor(s) Jessica Schedin, Sergeant
Katy Carson, Correction Officer

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

This course will include the basic rules and principles of Volleyball. Students will learn volleyball key positions and the responsibilities of each player on the team.

Participants must wear sneakers and PT clothing for this activity and bring a water bottle.

NOTE: Enrollment is limited to 12 participants

Home Fire Safety

Location: Warren Hall Training Center, Bridgewater
Date: May 23, 2012
Time: 9:30 am – 11:30 pm
Instructor(s) Lee Clement, Correction Officer, DSD
Deputy Fire Chief

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

This course will include the principles of fire behavior, types of fires, proper use of electrical appliances.

NOTE: Enrollment is limited to 30 participants

CPR/AED – Professional Rescuer

Location: Warren Hall Training Center, Bridgewater
Date: May 24, 2012
Time: 8:00 am – 4:00 pm
Instructor(s) Division of Staff Development

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

The purpose of CPR/AED for the professional Rescuer course is to teach those with a duty to act (professional rescuers) the skills needed to respond appropriately to cardiac emergencies. This includes the use of an automated external defibrillator (AED) to care for a victim of cardiac arrest.

NOTE: Enrollment is limited to 12 participants

Suicide Prevention, Intervention

Location: Training Academy, Shirley
Date: May 24, 2012
Time: 8:00 am – 3:00 pm
Instructor(s) Jaime Andrade, Sergeant, DSD

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

The unit of instruction will provide participants with a comprehensive understanding of suicide prevention and mental illness as it relates to the inmate population under the care and custody of the department.

Participants will increase their knowledge skills and abilities to recognize the signs symptoms and risk factors of suicide in a correctional setting and effectively supervise inmates under their care. The unit will also provide participants with the opportunity to apply appropriate intervention techniques, communication care procedures when dealing with suicidal behavior.

NOTE: Enrollment is limited to 10 participants

Understanding Diversity

Location: Training Academy, Shirley
Date: May 25, 2012
Time: 8:00 am – 12:00 pm
Instructor(s) Raymond Gonsalves, Captain, DSD

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

This course will provide participants with awareness and skill-building training in managing and valuing diversity to forge better working relationships and enhance the work environment. Awareness training focuses on creating an understanding of the need for, and meaning of diversity. It is also meant to increase participants self awareness of diversity related issues such as diversity and the law, cultural differences and how to respond to differences in the workplace

NOTE: Enrollment is limited to 20 participants

Use Of Force

Location: Training Academy, Shirley
Date: May 25, 2012
Time: 1:00 pm – 3:00 pm
Instructor(s) Jessica Vieira, Correction Officer, DSD

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

This course will include the principles and philosophies of the Departments Use of Force Policy geared toward non-security staff members.

NOTE: Enrollment is limited to 10 participants

Health & Wellness Related Book Study

Location: Warren Hall Training Center, Bridgewater
Date: May 30, 2012
Time: 9:00 am – 12:00 pm
Instructor(s) Eva Gaeta and/or H&W Committee Member

Intended

Audience: Open to all staff

COURSE DESCRIPTION:

Stress is a stranger to no one. Once described as wear & tear on the body, stress is now best defined as “a disconnection from our divine source.” Times of stress may produce intense feelings of frustration and/or panic, but stress also provides an opportunity for spiritual growth, we call upon inner resources to dismantle life’s roadblocks so we can walk in balance on the human path. Our first step begins with the book: “Stand Like Mountain, Flow Like Water” by Brian Luke Seaward, PhD.
http://www.amazon.com/Stand-Like-Mountain-Flow-Water/dp/0757305474/ref=cm_cr_pr_product_top#_

Equipment needed is the book stated above.

NOTE: Enrollment is limited to 20 participants

CPR/AED – Professional Rescuer

Location: Training Academy, Shirley
Date: May 31, 2012
Time: 8:00 am – 4:00 pm
Instructor(s) Division of Staff Development

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

The purpose of CPR/AED for the professional Rescuer course is to teach those with a duty to act (professional rescuers) the skills needed to respond appropriately to cardiac emergencies. This includes the use of an automated external defibrillator (AED) to care for a victim of cardiac arrest.

NOTE: Enrollment is limited to 12 participants

Social-Emotional Intelligence

Location: Training Academy, Shirley
Date: June 6, 2012
Time: 9:00 am – 12:00 pm
Instructor(s) William Dupre, Director, DSD

Intended

Audience: Management and Supervisory Employees

COURSE DESCRIPTION:

Social-Emotional Intelligence (SEI) is the human capacity to effectively navigate and negotiate complex social relationships and environments. SEI increases our ability to make good decisions, build relationships, deal with stress, and cope with change.

The course begins by defining SEI and identifying why SEI is important to the department, team, and personal success. We will Examine recent neuroscience discoveries that explain how our brains connect with another person's brain during social interactions. Raise awareness on three competencies that contribute to improving SEI in correctional environments: Self Awareness; Social Awareness; and Self Management. Small and large group discussions and activities will be used to help participants explore and gain a better understanding of the subject matter.

This workshop is for employees working in correctional environments.

Objectives:

- Define emotional intelligence and how it relates to personal and organizational success.
- Raise awareness of the science behind social interactions.
- Apply tools to increase your and others social-emotional intelligence.

NOTE: Enrollment is limited to 25 participants

Holistic Stress Management Workshop
Introduction to Meditation

Location: Training Academy, Shirley
Date: June 6, 2012
Time: 1:00 pm – 3:00 pm
Instructor(s) Eve Geata and H&W Committee Member

Intended Audience: Open to all interested staff

COURSE DESCRIPTION:

The focus of this workshop is holistic-honoring the Integration, balance and harmony of mind, body spirit and Emotions for optimal well-being. There are some proven Holistic stress management strategies that we can use to manage stress. The workshop is much more than a stress-management program. Participants will gain principles and techniques for successful leadership, self mastery, and focus to work effectively with others. Not only will participants' stress levels dramatically be reduced but will have significant relief from chronic pain, high blood pressure and insomnia. Participants will learn to focus the mind where they want it to go and achieve results more quickly and effectively. Comfortable clothing may be worn and bring cushions for sitting.

NOTE: Enrollment is limited to 30 participants

CPR/AED – Professional Rescuer

Location: Training Academy, Shirley
Date: June 7, 2012
Time: 8:00 am – 4:00 pm
Instructor(s) Division of Staff Development

Intended Audience: Open to all interested staff

COURSE DESCRIPTION:

The purpose of CPR/AED for the professional Rescuer course is to teach those with a duty to act (professional rescuers) the skills needed to respond appropriately to cardiac emergencies. This includes the use of an automated external defibrillator (AED) to care for a victim of cardiac arrest.

NOTE: Enrollment is limited to 12 participants

Advanced Training for Trainers

Location: Training Academy, Shirley
Date: June 11, 12, 13, 14, 15, 2012
Time: 8:00 am – 4:00 pm
Instructor(s) Terrance Kingman

Intended

Audience: Open to participants who will be utilized in developing lesson plans.

COURSE DESCRIPTION:

This program is based on the NIC Training Design and Development course. Designing training based upon the Instructional Theory Into Practice model is the primary goal of this program. The following modules are contained in this training program: learning styles; needs assessments; goals & performance objectives; ITIP model; lesson plan format; design of instructional strategies; designing training aids; testing, performance assessments & evaluations; training impact model; and presenting a training design based on the ITIP model.

NOTE: Enrollment is limited to 24 participants

Holistic Stress Management Workshop **Introduction to Meditation**

Location: Warren Hall Training Center, Bridgewater
Date: June 13, 2012
Time: 1:00 pm – 3:00 pm
Instructor(s) Eve Geata and H&W Committee Member

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

The focus of this workshop is holistic-honoring the Integration, balance and harmony of mind, body spirit and Emotions for optimal well-being. There are some proven Holistic stress management strategies that we can use to manage stress. The workshop is much more than a stress-management program. Participants will gain principles and techniques for successful leadership, self mastery, and focus to work effectively with others. Not only will participants' stress levels dramatically be reduced but will have significant relief from chronic pain, high blood pressure and insomnia. Participants will learn to focus the mind where they want it to go and achieve results more quickly and effectively. Comfortable clothing may be worn and bring cushions for sitting.

NOTE: Enrollment is limited to 30 participants

COPP (Correction Officer Protection Program)
Self-Defense/ Defense Tactics class

Location: Training Academy, Shirley
Date: June 15, 2012
Time: 8:00 am – 12:00 pm
Instructor(s) Jaime Andrade, Sergeant
Jessica Vieira, Correction Officer, DSD

Intended

Audience: Open to all Non-Security and Security staff

COURSE DESCRIPTION:

This course will begin with a review 103 CMR 505 Use of Force Policy to develop a working knowledge and understanding of how and why we use force. After the completion of the overview participants will engage in the hands-on portion of the course designed to provide line staff with a Defensive Tactics program that is easily adopted to the department policies. Participants will engage in an moderate workout utilizing strikes, kicks, ground defense and defense against weapons obtained during this course. Participants are required to wear sweat-pants, t-shirts, sneakers (workout gear). Bring water bottle and mouthpiece optional.

NOTE: Enrollment is limited to 20 participants

CPR/AED – Professional Rescuer

Location: Warren Hall Training Center, Bridgewater
Date: June 21, 2012
Time: 8:00 am – 4:00 pm
Instructor(s) Division of Staff Development

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

The purpose of CPR/AED for the professional Rescuer course is to teach those with a duty to act (professional rescuers) the skills needed to respond appropriately to cardiac emergencies. This includes the use of an automated external defibrillator (AED) to care for a victim of cardiac arrest.

NOTE: Enrollment is limited to 12 participants

Suicide Prevention, Intervention, Emergency Reaction and Evaluation

Location: Training Academy, Shirley
Date: June 21, 2012
Time: 8:00 am – 3:00 pm
Instructor(s) Jaime Andrade, Sergeant, DSD

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

The unit of instruction will provide participants with a comprehensive understanding of suicide prevention and mental illness as it relates to the inmate population under the care and custody of the department.

Participants will increase their knowledge skills and abilities to recognize the signs symptoms and risk factors of suicide in a correctional setting and effectively supervise inmates under their care. The unit will also provide participants with the opportunity to apply appropriate intervention techniques, communication care procedures when dealing with suicidal behavior.

NOTE: Enrollment is limited to 10 participants

Understanding Diversity

Location: Training Academy, Shirley
Date: June 22, 2012
Time: 8:00 am – 12:00 pm
Instructor(s) Raymond Gonsalves, Captain, DSD

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

This course will provide participants with awareness and skill-building training in managing and valuing diversity to forge better working relationships and enhance the work environment. Awareness training focuses on creating an understanding of the need for, and meaning of diversity. It is also meant to increase participants self awareness of diversity related issues such as diversity and the law, cultural differences and how to respond to differences in the workplace

NOTE: Enrollment is limited to 20 participants

Use Of Force

Location: Training Academy, Shirley
Date: June 22, 2012
Time: 1:00 pm – 3:00 pm
Instructor(s) Jessica Vieira, Correction Officer, DSD

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

This course will include the principles and philosophies of the Departments Use of Force Policy geared toward non-security staff members.

NOTE: Enrollment is limited to 10 participants

CPR/AED – Professional Rescuer

Location: Warren Hall Training Center, Bridgewater
Date: June 28, 2012
Time: 8:00 am – 4:00 pm
Instructor(s) Division of Staff Development

Intended

Audience: Open to all interested staff

COURSE DESCRIPTION:

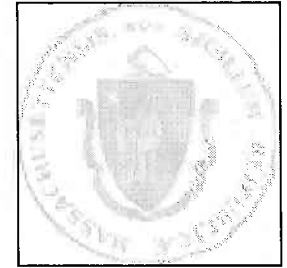
The purpose of CPR/AED for the professional Rescuer course is to teach those with a duty to act (professional rescuers) the skills needed to respond appropriately to cardiac emergencies. This includes the use of an automated external defibrillator (AED) to care for a victim of cardiac arrest.

NOTE: Enrollment is limited to 12 participants

Department of Correction Training Academy

Harvard Road, P.O. Box 1486
Shirley, MA 01464

Telephone: (978) 514-6703



DIRECTIONS:

From Boston: Take Storrow Drive West to Alewife Brook Parkway and Route 2 West past the Fresh Pond Mall and Alewife MBTA station. Go through Belmont, Lexington, Lincoln and Concord to the Routes 2/2A-rotary (MCI-Concord on left). Exit rotary at route 2 West and go through Acton and Littleton. Continue following Route 2 West to exit 36 the Shirley Rd. Shirley exit. Bear right off the exit ramp. Turn left at the stop sign. MCI-Shirley Complex is immediately on the right. Take that right onto the access road. Follow that access road past Souza Baranowski Correctional Center on right. At intersection, take a left. Follow the driveway up the hill and the academy is located at the top of the hill with the white columns.

From the North: Take Route 495 South to exit 29B (Route 2 West). Follow Route 2 West to exit 36 Shirley Rd Shirley exit. Bear right off the exit ramp. Turn left at the stop sign. MCI-Shirley Complex is immediately on the right. Take a right on to the access road. Follow that access road past Souza Baranowski Correctional Center on right. At intersection, take a left. Follow the driveway up the hill and the academy is located at the top of the hill with the white columns.

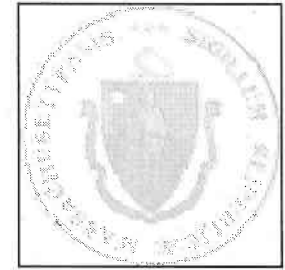
From the South: Take Route 495 North to exit 29B (Route 2 West). Follow Route 2 West to exit 36 Shirley Rd. Shirley exit. Bear right off the exit ramp. Turn left at the stop sign. MCI-Shirley Complex is immediately on the right. Take a right on to the access road. Follow that access road past Souza Baranowski Correctional Center on right. At intersection, take a left. Follow the driveway up the hill and the academy is located at the top of the hill with the white columns.

From the East: Take Route 2 West to exit 36 Shirley Rd. Shirley exit. Bear right off the exit ramp. Turn left at the stop sign. MCI-Shirley Complex is immediately on the right. Take a right on to the access road and follow past Souza Baranowski Correctional center on right. At intersection, take a left. Follow the driveway up the hill and the academy is located at the top of the hill with the white columns.

From the West: Take Route 2 East to exit 36 Shirley Rd. Shirley exit. Bear right off the exit ramp. Go over Route 2 and MCI-Shirley Complex will be on the right. Take a right on to the access road and follow past Souza Baranowski Correctional Center on the right. At intersection, take a left. Follow the driveway up the hill and the academy is located at the top of the hill with the white columns.

12 Administration Rd.
Bridgewater, MA 02324

Telephone: (508) 279-3839 or (508) 279-3840



DIRECTIONS:

All directions are from Interstate 495 so depending on where you are traveling from you will need to get on to Interstate 495. It can be accessed from the following other major routes: Route 2, MA Pike, 95, 24 and 128.

From Boston, North and West:

Route 495 South to Exit 6, bear right off of exit ramp.

At Middleboro Rotary take Routes 18/28 North. Follow approximately 1.5 miles to your first major traffic light (Binky's restaurant is on your right) and take a right. Approximately 1/4 mile up, take a left onto Titticut Rd. This is the old access road to the Bridgewater Correctional Complex. Follow this road until you come to a stop sign and a large parking lot on your left. This is the parking lot for Warren Hall. Take a left at the stop sign and into the parking lot. Warren Hall is the gray concrete building off to your left. Follow the long pathway and that will bring you to the front steps to the building.

From the South:

Route 495 North to exit 5, bear right off of exit ramp.

At Middleboro Rotary take Routes 18/28 North. Follow approximately 1.5 miles to your first major traffic light (Binky's restaurant is on your right) and take a right. Approximately 1/4 mile up, take a left onto Titticut Rd. This is the old access road to the Bridgewater Correctional Complex. Follow this road until you come to a stop sign and a large parking lot on your left. This is the parking lot for Warren Hall. Take a left at the stop sign and into the parking lot. Warren Hall is the gray concrete building off to your left. Follow the long pathway and that will bring you to the front steps to the building.

From the East:

Take 44 West to the rotary. At Middleboro Rotary take Routes 18/28 North. Follow approximately 1.5 miles to your first major traffic light (Binky's restaurant is on your right) and take a right. Approximately 1/4 mile up, take a left onto Titticut Rd. This is the old access road to the Bridgewater Correctional Complex. Follow this until you come to a stop sign and a large parking lot on your left. This is the parking lot for Warren Hall. Take a left at the stop sign and into the parking lot. Warren Hall is the gray concrete building off to your left. Follow the long pathway and that will bring you to the front steps to the building.